



# The Prospector



Sitka Pioneers' Home

March 2018 Vol.38 No.3

### *Resident Birthdays*

*John Larsen* 3-17

### *Staff Birthdays*

*Peter Kennedy* 3-1

*Joseph Partido* 3-3

*Charlotte Candelaria* 3-4

*Sharon Petersen* 3-12

*Guada Nilo* 3-13

*George Chappell* 3-19

*Juanita Diego* 3-25

*Marilyn Wathen* 3-26

*Dayna Arnold* 3-29

*We will recognize residents and staff  
with March birthdays at the  
Home Happenings celebration on  
Friday, March 30th.*

### **Scuttlebutt...**

Saori Handy has completed the CNA Apprenticeship Program! She is the first, in the State of Alaska, to do so! It is a huge accomplishment and we are all so proud of her. Please extend your congratulations when you see her.



Gabby Cherrier is also working on the CNA Apprenticeship Program with several other CNAs around the state. Gabby is currently in Jamaica and we can't wait to hear all about her trip when she returns.



# Calendar Updates!

## On the Community Calendar:

Wearable Arts Show

The theme this year is  
'10-Day Forecast'

Saturday, March 10

2pm and 7pm @ Centennial Hall

\$25 adults or \$15 seniors/kids

## Sitka Pioneer Home Calendar:

Wearable Arts Show at SPH

*To Be Announced*

(Main Lounge)

Natural History Film  
Series Screening

Wed. March 21st @ 1:30pm

(in the Main Lounge)

### **Katsu Piano Concerts**

Japanese pianist, Katsu, lives in New York and has just put out his first album. He was inspired by a friend to come and play for the SPH!

Wed. March 28 @ 3:00pm

Thurs. March 29 @ 5:30pm

(Main Lounge)

## Something to Remember:



Daylight Savings  
Spring Forward one hour  
Sunday, March 11th

*See the Activity Calendar for  
more daily events!*



**We had fun checking out all the shadows that showed up on Groundhog Day!**

**We held a contest to see who could recognize the most shadows.**

***The winner was R-House Team!***

**The most tricky shadow to recognize was that of Lee Sandor!**

**Prizes for the contest were awarded at Home Happenings.**



**The Fourth Annual  
SPH Indoor Iditarod  
Relay Race**



**Friday, March 9, 2018  
@ 1:30pm  
in the Main Lounge**

**Come enjoy the festivities to  
kick off Alaska's biggest  
annual sporting event!  
We will have an Iditarod  
inspired relay race with  
sleds, supplies, "booties",  
checkpoints, etc.**

**Be prepared to partici-  
pate in this energetic  
competitive event!**



**St. Patrick's Day  
Horse Race**

**The annual Sitka Pioneer Home  
Irish Derby will be held  
on Friday, March 16, 2018**

**The race will commence at 1:30pm  
in the Main Lounge.**

Each neighborhood will need to choose a Jockey and Trainer. The Jockey will move their horse around the track based on the roll of the dice. The Trainer is responsible for asking a spectator to roll their dice that will determine the number of spaces their Jockey will move their horse around the track.

The name of each neighborhood's Jockey and Trainer needs to be turned in to the Activity Department before the race starts as folks will want to know which horse to bet on.

The betting booth will be open from 11:00am until 1:00pm. Bets are 25 cents each with a limit of 2 dollars. Bets can be made for a horse to win, place, or show.

Everyone is encouraged to dress up in his or her most outrageous St. Patty's attire for the big race!

# RUSTIC WESTERN

# BBQ

## DINNER

March 23rd, 2018

4:00pm  
Refreshments &  
Entertainment

*Get ready to kick up  
your cowboy boots &  
have a good time!*

5:00pm  
BBQ Dinner



# Thank You!!!

Park Ranger, Karen Weaver, has taken over for Ryan Carpenter in bringing the Natural History Films for us to screen in-house. The last one 'Leave it to Beavers' was a hit.

Thank you for keeping up the screenings and providing such great films for us to see.

Salvation Army donated a bunch of jewelry, scarves and hats. Thank you for thinking of the Pioneer Home!

Claire and Jasmin of the 4H Club have been here a couple times this month to make bags out of t-shirts and make origami boxes to decorate for storing small treasures. It is always fun to spend time with the young 4Hers. Thank you for coming to our Home.

Rolly deep-fried some halibut that had been donated by Sitka Tribe of Alaska and made sure that the residents got to enjoy it. Rolly also heard residents start talking about how hungry they were for herring eggs so she pulled some out of the freezer and prepared them for those who had a hankering! Thank you for keeping us full of delicious seafood!

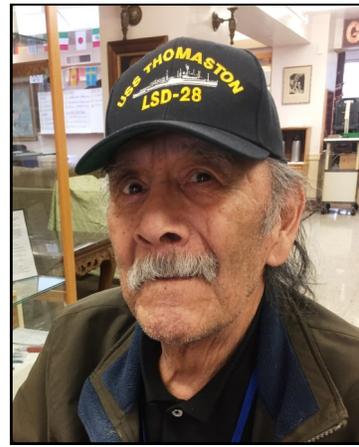


*Welcome  
Marjorie  
'Marge'  
Ward*

Marjorie Louise Ward was born in New York, New York to William Ward and Hazel Margarette Olmstead on November 17, 1925. She had two siblings; Richard Ward and Julia Ward, both deceased. They grew up in Albany Park, NY until moving to Gloversville, NY in 1929. Marge attended grade school and high school in Gloversville. She went to nursing school at Nathan Littauer Hospital.

Marge moved to Alaska in 1949. Marge was an RN at Mt. Edgecumbe Hospital during the TB epidemic and her work there was tremendous. Marge loves to read and go for walks. She has been an avid bird watcher for many years and always keeps her binoculars nearby.

*We welcome Marge to Sunset  
View neighborhood and the Sitka  
Pioneer Home family!*



*Welcome  
Robert  
'Bob'  
James*

Robert 'Bob' A. James was born to John James and Mary A. James in Juneau Alaska on August 30, 1938. Bob is the middle child of three boys: older brother, Jerry James, of Ballard, WA, and younger brother, Ron James, of Sitka. When he was fifteen he moved, with his mom and siblings, to Ballard, WA, where he graduated High School. At 19 years old he went into the Navy and served on a ship that brought Marines back and forth from Vietnam to Hawaii. He was in the service for six years. Bob then worked as a marine electrician at the Ballard shipyards until 1993. He moved back to Alaska to be near his Mom who eventually lived in SPH. Bob is Tlingit and enjoys traditional foods. Bob loves helping his family, listening to boogie music, watching Family Feud and sports on TV.

*We welcome Bob to Ocean  
View neighborhood and the Sitka  
Pioneer Home family!*

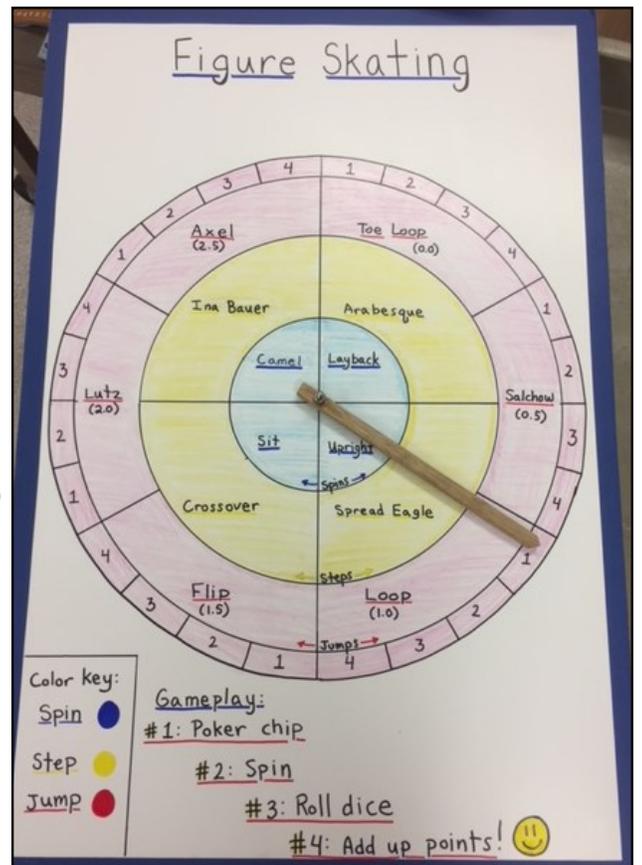
# SPH Winter Olympics 2018 – Luge & Skiing



# SPH Winter Olympics 2018

## — Figure Skating

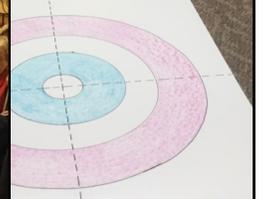
The Figure Skating competition was a bit complex. Each skater (or pair) got a cup with 7 poker chips (4 red, 2 yellow and 1 blue) to represent the jumps, steps and spins in their routine. Each turn had 3 parts to it: #1: Pick a poker chip to determine what type of movement they were doing, #2: Spin the spinner to see which of the jumps, steps, or spins it was. #3: Roll the die to see how well they performed that part of their routine! All the scores were totaled up for their routine and the skater (or pair) with the best score won!



| Skaters     | Routine  |
|-------------|--|
| SWEDEN      | 2 Loop 8, 1 Lutz 5, 1 Salchow 9.5, 1 Flip 2, 1 Sit Spin                |
| AUSTRALIA   | 1 Toe Loop 6, 2 Toe Loop 4, 1 Crossovers 3, 1 Flip 4.5, 1 Loop 1       |
| ENGLAND     | 1 Ina Bauer 5, 1 Camel Spin 5, 1 Loop 5, 1 Camel Spin 3, 1 Flip 4.5    |
| SWITZERLAND | 2 Flip 7.5, 1 Camel Spin 3, 1 Axel 7.5, 1 Spread Eagle 2, 1 Toe Loop 2 |
| ARGENTINA   | 1 Lutz 7, 1 Camel Spin 4, 1 Axel 3.5, 1 Sit Spin 1, 1 Lutz 5           |
| USA         | 1 Sit Spin 6, 1 Salchow 8.5, 1 Axel 10.5, 1 Crossovers 3, 1 Toe Loop 3 |
| ITALY       | 1 Sit Spin 6, 1 Lutz 6, 1 Crossovers 3, 1 Crossovers 2, 1 Toe Loop 2   |
| CANADA      | 1 Axel 4.5, 1 Sit Spin 6, 1 Loop 10, 1 Camel Spin 3, 1 Toe Loop 2      |
| GERMANY     | 1 Loop 3, 1 Crossovers 5, 1 Camel Spin 1, 1 Axel 7.5, 1 Flip 8.5       |

Images of all of the movements were shown so we could picture the routines as we went! It was a very fast-paced and energetic event just as it would have been in the real Olympics!

## — Curling



# SPH Winter Olympics 2018— Hockey Photos and Medalists



## HOCKEY

- (G) USA - Anna + Eunavae
- (S) CANADA - Martha + Galen
- (B) GERMANY - Sue + Becky

## LUGE

- (G) IRELAND - Hennie + Gabby
- (S) GERMANY - Sue + Becky
- (B) ENGLAND - Brenda + Fredi

## CURLING

- (G) ENGLAND - Brenda + Fredi
- (S) SWITZERLAND - Bob
- (B) ITALY - Melba



## SKIING

- (G) CANADA - Galen GREECE - Grace
- (S) ENGLAND - Brenda GREECE - Sharm
- (B) USA - Anna GERMANY - Becky

## FIGURE SKATING

- (G) SWEDEN - Marta + George
- (S) SWITZERLAND - Bob + Patty
- (B) ARGENTINA - Jean + Joseph

# SPH Winter Olympics 2018— Award Ceremony

(NOT ALL MEDALISTS ARE PICTURED)

Hockey Medalists!



Luge Medalists!



Elder Ski Medalists!



Staff Ski Medalists!



Figure Skating Medalists!



Curling Medalists!



## February Happenings 2018



Hungry for herring eggs...

Assistive Technologies of Alaska Demo...



# Eden Moments



On Elizabeth Peratrovich Day Nathan wore his regalia made by his mother.

Nurse Keith got help from Bob Gardner who marks a line on the model destroyer.





ALTERNATIVE®

# Eden Alternative Journey

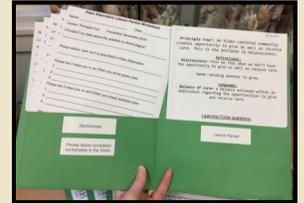
Our Eden Alternative journey focus for Jan, Feb, and March...

## Principle Nine:

*Creating an Elder-centered community is a never-ending process. Human growth must never be separated from human life.*

**Check the green folders on each neighborhood for the Eden Lesson Packets!**

Prioritize your ongoing Eden education.



## Meetings:

Resident Meeting: Wednesday, March 7th @ 1:00pm

Certified Eden Associates: Friday, March 30th @ 10:00am

## Home-wide Eden Neighborhood Team Meeting:

Friday, March 2, 2018 @ 1:30pm in the Main Lounge

Agenda: Review Principle Nine and read Tiger's Whisker.

\*Look to the Certified Eden Associates for support: Dayna Arnold (CEE), Skye Workman (CEE), Patty Ady, Mona Allen, Shari Carroll, Chris Davison, Betty DeCicco, Dolores Doggett, Saori Handy, Kathy Inman, Rolly Jeske, Pat Kehoe-Pendell, Jill Kollerup, Minda Manuel, Lisa Partido, Grace Roller, Katy Rouse, Denise Salter, Sharon Stitz, Becky Tremain, Brian Weddel, & Fredi Young

## **Spring Art Walk**

***SPH Gift Shop will be on the Art Walk this spring.***

**Friday, April 6, 2018**

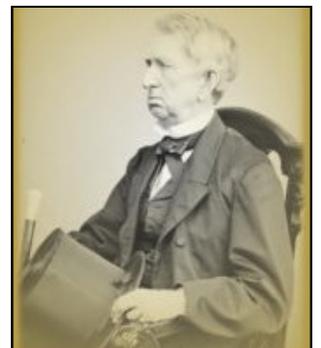
**5:00pm-8:00pm**

**In the Gift Shop & Main Lounge**

*Ceramics helpers are always welcome as we are gearing up for summer season too!*

## **Seward's Day**

Seward's Day is a legal holiday in the U.S. state of Alaska.



It falls on the last Monday in March and commemorates the signing of the Alaska Purchase treaty on March 30, 1867. It is named for then-Secretary of State William H. Seward, who negotiated the purchase from Russia.

## **Resident Meeting Minutes *Wednesday, Feb. 7th 2018 @ 1:30pm (Main Lounge)***

### **Attending:**

Anna W, Fredi Y, Ruth F, Betty D, Jean R, Brenda B, Melba V, Martha H, Maryann A, Dottie K, John S, Lee S, Galen I, Mary M, Sue H, Bob G, Joe R, Bonnie S, Nancy R, Bernard M, Dayna A, Administrator, and Skye W, RTI.

### **Food Forum:**

Greg was unable to attend. The attendees are looking forward to Valentine's Day lunch and wanted to extend their thanks for the okra. An attendee was concerned about people going to meals with a constant cough and/or sneezing. Nursing staff will be made aware of this concern.

### **Old Business:**

February- Winter Olympic Games (upcoming): Luge and Skiing, Figure Skating and curling

March- Iditarod Relay Race (9th), St. Patrick's Day Horse Race (16th), Special Dinner (23rd) theme was selected by vote

Ideas listed with votes: Western-BBQ (7), St. Patty's mystery party (4), Luau (5), Backyard Picnic (4)...Western Theme with BBQ menu won the vote. There was much agreement amongst the attendees when the winner (Western BBQ) was announced.

### **Agenda Items:**

Alaska Pioneer Homes Advisory Board member visit tomorrow (8th)

Alaska Commission of Aging visit tomorrow (8th). Meeting at 3:00, Main Lounge.

Location for Resident Meetings went up for a vote. Recreation Kitchen versus Main Lounge. Main Lounge won the vote with full agreement from all residents present.

### **New Business:**

Tsunami Alert Procedure. Disaster preparedness meetings are to be scheduled. They will be added to the resident activity calendars and daily schedules as they come up so residents may attend.

### **Administrator's update:**

Regarding admissions: Please expect to see new residents coming in and please help them feel welcome. Working on getting a new key lock system for exits as the old system has been having issues. Alaska Commission on Aging is working on a comprehensive plan that will represent the needs of all Alaska seniors. You are encouraged to let them know how you would like them to represent you. An Alaska Pioneer Home Advisory Board Member will visit too, so please take some time to share with him as well.

**Respectfully submitted, Skye Workman, Recreation Therapist I**

# WARRIOR 2018

| SUNDAY  | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY  |
|---|---|--|--|---|--|---|
| <p>4<br/>10:00am Exercise w/Mark<br/>12:45pm Plano Music</p>  | <p>5<br/>8:00am Visits<br/>10:45am Circle Time<br/>11:00am Exercise<br/>1:30pm Bingo<br/>2:30pm Bonnie<br/>6:00pm Knitting</p>  | <p>6<br/>8:00am Visits<br/>9:30am Nail Care w/Rolly<br/>9:30am Ceramics<br/>1:00pm Strong &amp; Steady<br/>1:30pm Movie &amp; Popcorn<br/>5:30pm Folk Music</p>  | <p>7<br/>8:00am Visits<br/>10:30am Protestant Service<br/>11:15am Gospel Music<br/>1:00pm Resident Mtg<br/>2:00pm Bingo: Rhouse<br/>5:30pm Celtic Music<br/>6:00pm Draw / Paint</p>    | <p>8<br/>8:00am Visits<br/>9:00am Shopping<br/>9:30am Storytelling<br/>10:00 Biblical Fun<br/>1:00pm Strong &amp; Steady<br/>1:30pm Circle Time<br/>5:30pm Golden Oldies</p>                          | <p>2<br/>8:00am Visits<br/>11:15am Old Favorites<br/>1:30pm Eden Gathering<br/>(Principle Nine)</p>  | <p>3<br/>9:00am Visits<br/>9:30am Catholic Service<br/>10:00am Debby's Violin Class<br/>Afternoon Activity to be announced</p>  |
| <p>11<br/>10:00am Exercise w/Mark<br/>12:45pm Plano Music</p> | <p>12<br/>8:00am Visits<br/>11:00am Exercise<br/>1:30pm Bingo<br/>2:30pm Bonnie<br/>6:00pm Knitting</p>                         | <p>13<br/>8:00am Visits<br/>9:30am Nail Care w/Rolly<br/>9:30am Ceramics<br/>1:00pm Strong &amp; Steady<br/>1:30pm Movie &amp; Popcorn<br/>5:30pm Folk Music</p> | <p>14<br/>8:00am Visits<br/>10:30am Protestant Service<br/>11:15am Gospel Music<br/>1:30pm Bingo: Rhouse<br/>5:30pm Celtic Music<br/>6:00pm Draw / Paint</p>   | <p>15<br/>8:00am Visits<br/>9:00am Shopping<br/>9:30am Storytelling<br/>10:00 Biblical Fun<br/>12:00pm Volunteer Appreciation Pizza Party<br/>1:00pm Strong &amp; Steady<br/>5:30pm Golden Oldies</p> | <p>16<br/>8:00am Visits<br/>11:00am Exercise<br/>11:15am Old Favorites<br/>1:30pm St. Patrick's Day<br/>Horse Race</p>  | <p>17<br/>9:00am Visits<br/>9:30am Catholic Service<br/>10:00am Debby's Violin Class<br/>1:30pm Singspiration</p>               |
| <p>18<br/>10:00am Exercise w/Mark<br/>12:45pm Plano Music</p> | <p>19<br/>8:00am Visits<br/>10:45am Circle Time<br/>11:00am Exercise<br/>1:30pm Bingo<br/>2:30pm Bonnie<br/>6:00pm Knitting</p> | <p>20<br/>8:00am Visits<br/>9:30am Nail Care w/Rolly<br/>9:30am Ceramics<br/>1:00pm Strong &amp; Steady<br/>1:30pm Movie &amp; Popcorn<br/>5:30pm Folk Music</p> | <p>21<br/>8:00am Visits<br/>10:30am Protestant Service<br/>1:30pm Natural History Film<br/>2:30pm Bingo: Rhouse<br/>5:30pm Celtic Music<br/>6:00pm Draw / Paint</p>  | <p>22<br/>8:00am Visits<br/>9:00am Shopping<br/>9:30am Storytelling<br/>10:00 Biblical Fun<br/>1:00pm Strong &amp; Steady<br/>1:30pm Circle Time<br/>5:30pm Entertainment to be announced</p>         | <p>23<br/>8:00am Visits<br/>11:00am Exercise<br/>4:00pm Refreshments &amp; Entertainment<br/>5:00pm Rustic Western BBQ Dinner</p>  | <p>24<br/>9:00am Visits<br/>9:30am Catholic Service<br/>10:00am Debby's Violin Class<br/>Afternoon Activity to be announced</p> |
| <p>25<br/>10:00am Exercise w/Mark<br/>12:45pm Plano Music</p> | <p>26<br/>Seward's Day (Holiday)<br/>1:30pm Bingo<br/>6:00pm Knitting</p>   | <p>27<br/>8:00am Visits<br/>9:30am Nail Care w/Rolly<br/>9:30am Ceramics<br/>1:00pm Strong &amp; Steady<br/>1:30pm Movie &amp; Popcorn<br/>5:30pm Folk Music</p> | <p>28<br/>8:00am Visits<br/>10:30am Protestant Service<br/>1:30pm Bingo: Rhouse<br/>3:00pm Katsui Piano Concert</p>  | <p>29<br/>8:00am Visits<br/>9:00am Shopping<br/>9:30am Storytelling<br/>10:00 Biblical Fun<br/>1:00pm Strong &amp; Steady<br/>1:30pm Circle Time<br/>5:30pm Katsui Piano Concert</p>                  | <p>30<br/>8:00am Visits<br/>10:00am Eden Associates Meeting<br/>11:00am Exercise<br/>11:15am Old Favorites<br/>1:30pm Home Happenings (Social Services)</p>  | <p>31<br/>9:00am Visits<br/>9:30am Catholic Service<br/>10:00am Debby's Violin Class<br/>Afternoon Activity to be announced</p> |

\*Please contact the Activities Department if you would like a copy of our calendar! \* Note: Activities are subject to change